

PROFESSIONAL PEER SUPPORT

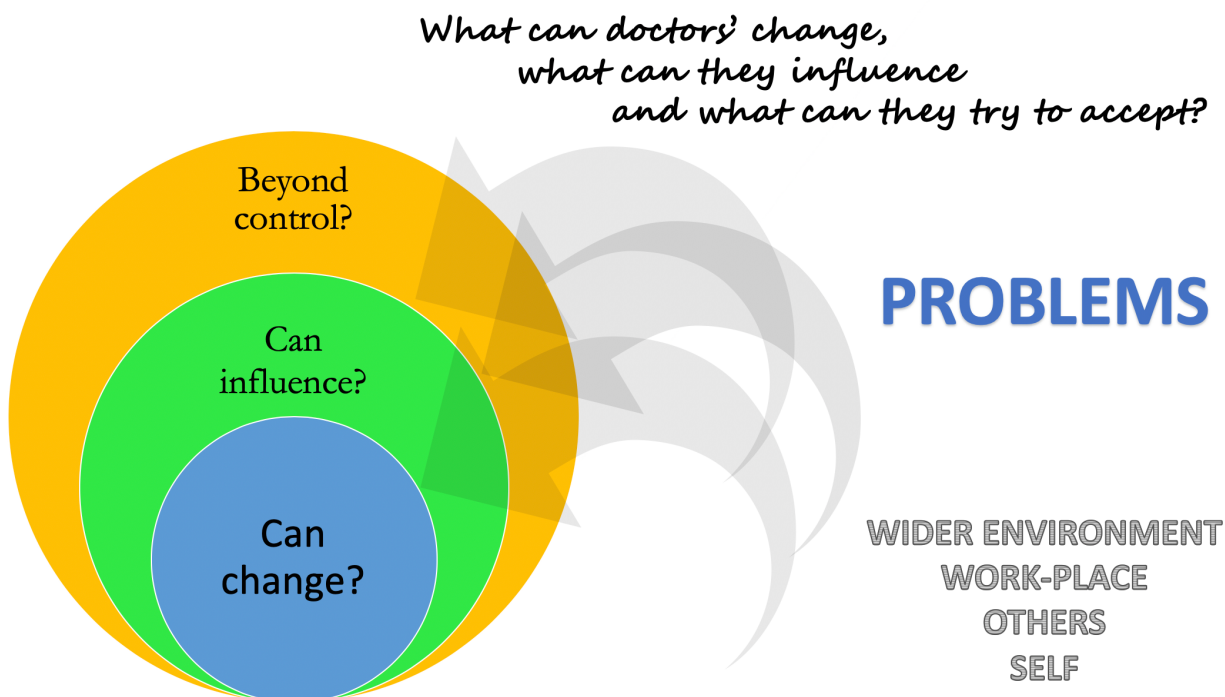
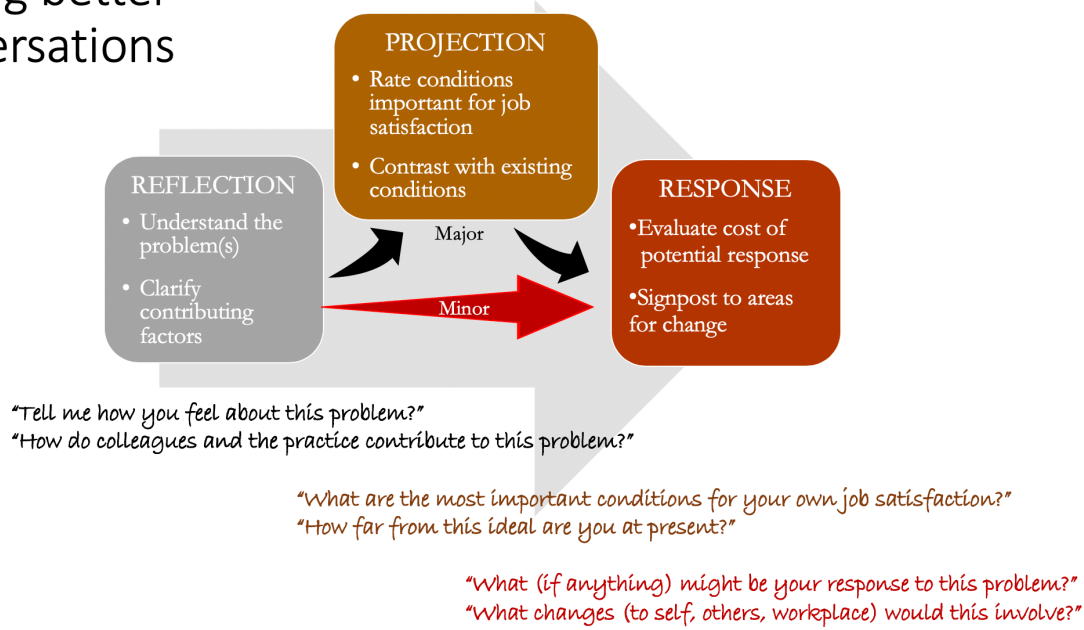
HAVING BETTER CONVERSATIONS - WORKBOOK

NAME:

DATE:

PRIVATE AND CONFIDENTIAL

Having better conversations



REFLECTION	FACTS	ANALYSIS OF CONTRIBUTION TO PROBLEM	
	FEELINGS	SELF	
	OTHERS	OTHERS	
	WIDER PERSPECTIVE / IMPLICATIONS	WORKPLACE	
RESPONSE 1 (MINOR PROBLEM)		THINKING ABOUT A POTENTIAL RESPONSE:	
		What CAN you change or Influence?	What CAN'T you change or influence?
	SELF		
	OTHERS		
	WORK PLACE		
		SIGNPOST TO CHANGE – CONSIDER THE CHANGE THAT COULD OCCUR IN:	
	SELF		
	OTHERS		
	WORK PLACE		
		NOW GO TO FINAL PAGE	

PROJECTION	CONDITION	To what extent is this condition met?		GAP (largest minus smallest)
		in CURRENT work environment 1 (not at all) - 9 (completely)	In IDEAL work environment 1 (not at all) - 9 (completely)	
	I can cope with work pressure			
	I can manage my workload			
	I feel valued			
	I can regularly communicate with peers			
	I can mitigate against clinical risk			
	I can seek new challenges			
	I can collaborate over problem solving			
	I have autonomy of approach at work			
	Other:			

RESPONSE 2 (MAJOR or RECURRENT PROBLEM)	TOP 3 AREAS WITH GREATEST GAP	WHAT CHANGES WOULD SATISFY THESE CONDITIONS BETTER?		
		SELF	OTHERS	WORKPLACE

ANTICIPATE THE EFFECT OF THESE CHANGES ON:

YOUR FEELINGS

THE WIDER PERSPECTIVE

NOTES / NEXT STEPS

RESPONSE (both)